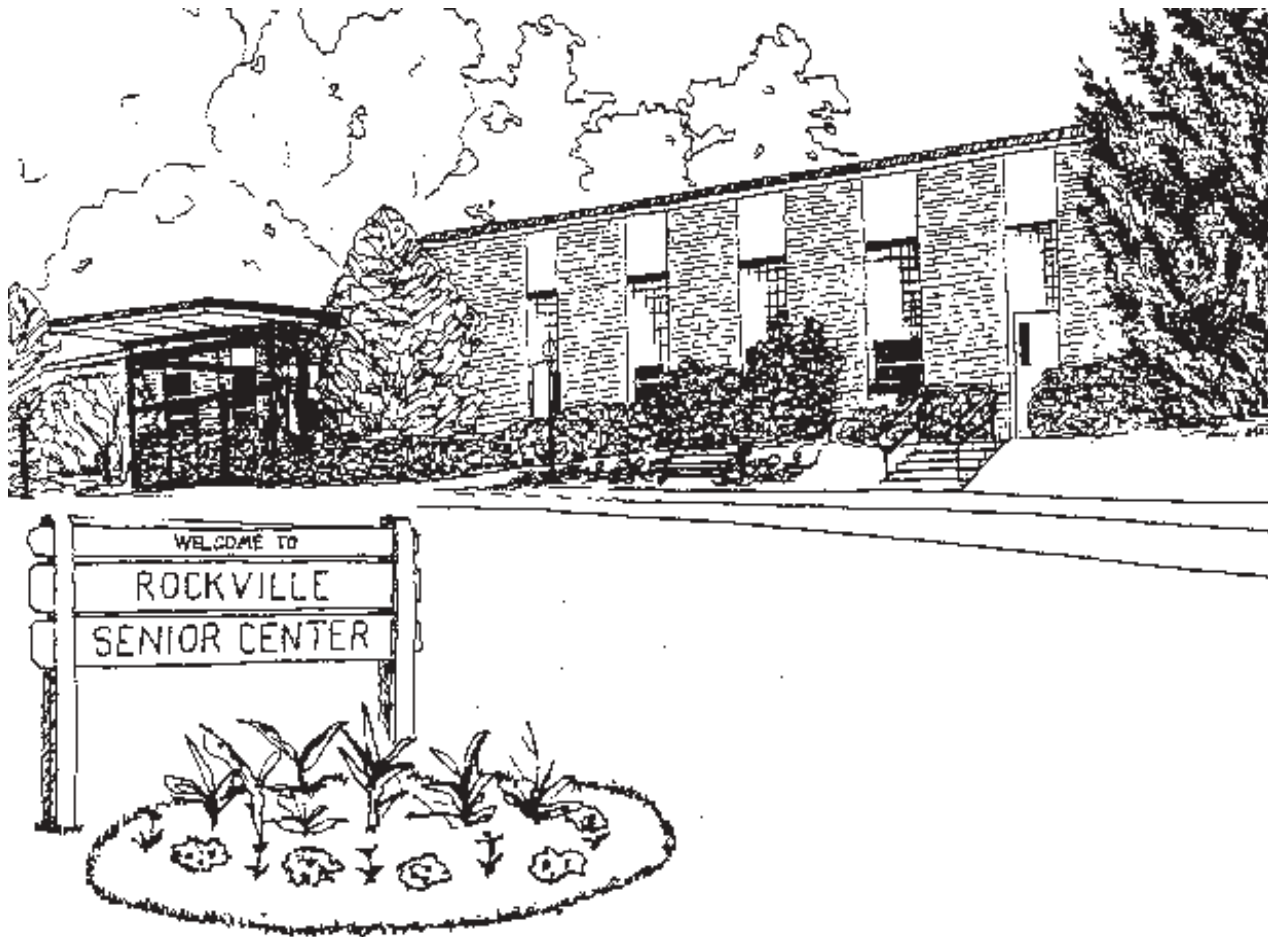


# Rockville Senior Center

*Newsletter/Calendar*

*Add life to your years!*



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

240-314-8818

Zhao-Yong  
Sun

February 2004



## ***In This Issue:***

Highlights .....	Pages 3-8
Movies .....	Page 3
Items For Sale .....	Page 5
Volunteer Opportunities .....	Page 8
Center News .....	Page 10
Fitness and Wellness .....	Page 12
Wellness Matters .....	Page 13
RSI Reports .....	Page 14
Senior Comm. Highlights .....	Page 15
Social Programs & Services ...	Page 16
Supper Club Menu .....	Page 17
Recipe .....	Page 17
Computer Lab Update .....	Page 18
Lunch Menu .....	Page 19

## ***Date to Remember:***

Table Tennis Tournament  
February 12  
10:00 - 11:00 a.m.

# December/ January Memorial Fund & RSI Donations

Thank you to the following people who made donations to RSI and/or the Memorial fund:

## In Memory of Stephen Pijar:

- Marty Roney
- Mary Lou Pijar

## In Memory of Catherine Jackson:

- Marjorie Begosh

## In Memory of Earl Jackson:

- Marty Roney

## In Memory of Anna Amato:

- Rockville Senior Associates
- Young-in-Heart Club

## In Memory of James McIe:

- Helen Argo

## In Contribution to the Dining Room Fundraiser:

- Josephine Boscia
- Rosa Dellenoci
- William Glass
- Mark & Anita Ho
- Margaret & Alan Hoffman (In Memory of Margaret W. Jones)
- Lorraine and Haywood Hughes
- Olga & Michael Komich
- Jack Koser
- Louis Kuntz
- Ansuya Passi

- Mary Phoebus
- Mary Lou Pijar
- Marguerite Reich
- Rinn-Sup and Stella Shinn
- Barbara & Peter Weidenbruch
- John & Doris Wolff

## In Contribution to the Holiday Bazaar:

- Liao Lee Chu



## Forget-Me-Not:

The following members have passed away:

- Fred Hook (83)
- Catherine Jackson (78)
- James (Jim) McIe (80)
- Chana Patrician (67)
- Norman White (79)

.....

Celebrate Valentine's Day by purchasing a chair or table for the new Dining Room! All donations are tax deductible. Please make checks payable to Rockville Seniors, Inc. (RSI) . Donors will be recognized on a special board in the Dining Room.

*Yes, I want to give a present to the Senior Center this holiday season!*

Chair (\$100)	r
Half a Chair (\$50)	r
One Chair Leg (\$25)	r

One Table (\$300)	r
Half a Table (\$150)	r

Other (\$\_\_\_\_\_) Any amount welcome r

Name: \_\_\_\_\_

Address: \_\_\_\_\_

*Thank you for your generosity!*

## Highlights for the Month...

February 2, 4, 6, 11 & 18 – 10:00 a.m. – 12:00 p.m. **E-BAY: A THOROUGH UNDERSTANDING** Everyone has 'JUNQUE' IN THEIR ATTIC. Learn how to turn your junk into cash using e-Bay, Paypal and sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Knowing how to access the Internet. Note: \$10 manual fee payable to instructor. \$75.00 – members and \$85.00 – nonmembers. **REGISTER ACTIVITY #9281.**

February 3 – 17, 10:15 a.m. – 11:15 a.m. **MONEY TO LAST A LIFETIME** This three-part mini-series will empower you to take positive action regarding your money. Session 1: Learn about basic money management including how to organize your finances, understand what your tax return is telling you, develop a budget and a balance sheet and set goals. Session 2: Analyze current assets, investments. Session 3: Learn about disability and long term care insurance, how to choose the correct forms of coverage and determine the best amount of coverage. Trusts, planning for incapacity and gifting also will be covered. **REGISTER ACTIVITY #9441 OR CALL 240-314-8810.**

February 3 – 17, 1:00 p.m. – 3:00 p.m. **UNDERSTANDING WINDOWS** This introduction will prepare you for all the computer programs you might use. Learn more about the menu bar, task bar, start button, shortcut keys, filing systems, icons and using Windows Explorer. Note: \$10.00 manual fee payable to instructor. \$25.00 – members and \$30.00 – nonmembers. **REGISTER ACTIVITY #9280.**

February 4 – 1:30 p.m. – 3:00 p.m. **FEBRUARY BIRTHDAY PARTY** with entertainment by **Avis Balkcom-Williams**. Thank you to Bethany House Senior Club for sponsoring this month's party. **FREE, REGISTER #9449 BY 1/30.**

February 4, 11, 18 & 25 – 10:00 a.m. – 12:00 p.m. **WOODWORKING – BOX MAKING BASICS** Class filled; however please put your name on the wait list if interested.

## At the Movies in February...



### **PIRATES OF THE CARIBBEAN (PG-13)**

*Feb 12 & 13 at 1:00 p.m.*

A thrilling, high-seas adventure with a mysterious twist.

### **SEABISCUIT (PG-13)**

*Feb 26 & 27 at 1:00 p.m.*

Based on the inspiring true story of three men – a jockey, a trainer and a businessman – and the undersized racehorse who took the entire nation on the ride of a lifetime.

## New Videos



- The Italian Job
- Bend It Like Beckham
- The In-Laws

Movies are free to members and may be taken out for 3 days.



# BINGO!

# BINGO

## EVERY WEDNESDAY

The Rockville Seniors, Inc. fundraising  
BINGO every Wednesday night.

- > \$1,000 Jackpot
- > Early Bird starts at 7:00 p.m.
- > Regular Games at 7:30 p.m.

Free, well-lit parking  
Complementary food with admission

1150 Carnation Dr.  
Rockville, MD 20850 • 240-314-8800

*Gift Certificates Available!*

## Highlights for the Month...

February 5 – 10:00 a.m. – 12:00 p.m. **VETERANS GROUP** Safety and Security Issues presented by David L'Heureux, former Foreign Service Officer. **FREE, REGISTER #9414 BY 1/30.**

February 9 - 19 – Monday, Tuesday, & Thursday **BEGINNERS INTRODUCTION TO COMPUTERS** This 6-hour course is for seniors having very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Keyboard session: Monday, February 9, 10:00 a.m. – 11:30 a.m. Mouse session: Monday, February 9, 12:30 p.m. – 2:00 p.m. Word Processing session: Tuesday and Thursday, February 17 and 19, 10:30 a.m. – 12:00 p.m. Beginners are eligible to attend the Beginners Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m. Free. **REGISTER ACTIVITY #9273 OR CALL 240-314-8810.**

February 11 – 11:15 a.m. – 12:30 p.m. **CABLE CROSSOVER WORKSHOP** Don't let this exercise machine intimidate you. Our personal trainer will walk you through all the amazing things it can do for you. **REGISTER VIA WINTER GUIDE, ACTIVITY #9330.**

February 11 – 10:15 a.m. – 1:15 p.m. **ETCHED MIRROR & MOSAIC FRAME** Learn how easy it is to etch on glass. Participants will make a practice piece to be used as a sun catcher before doing the final project. When completed, make a mosaic frame to insert the mirror. Perfect for any room in your home. Registration fee \$7.00 – members, \$10.00 – nonmembers plus \$15.00 material fee payable to instructor. **REGISTER ACTIVITY #9413 BY 1/30.**

## Highlights for the Month...

February 11 thru March 10 – 1:00 p.m. – 1:45 p.m. **HAND CHIME CHOIR** New members are welcome to join the group. Hand chimes are similar to hand bells and are played in a like manner. The ability to read music is helpful but not mandatory. Please note no class February 18. **FREE, REGISTER ACTIVITY #9454 BY 1/28.**

February 12 – 10:00 a.m. – 11:00 a.m. **TABLE TENNIS TOURNAMENT** Dust off your ping-pong paddles and join our tournament in the Carnation Room. **REGISTER VIA WINTER GUIDE, ACTIVITY #9306. MUST REGISTER 1 WEEK PRIOR TO PLAY.**

February 18 – 1:00 p.m. – 2:30 p.m. **CLASSICAL MUSIC WITH MURRAY** This months program concentrates on “Music from Germany”. **FREE, REGISTER ACTIVITY #9411 BY 2/13.**

February 18 – 12:30 p.m. – 2:00 p.m. **SENIOR SOFTBALL PIZZA PARTY** If interested in playing on the Rockville Co Rec Softball team in 2004, join us for a Pizza Party! All former members and anyone interested should come to this organizational meeting. We are looking for new ideas, new players and suggestions for success. **REGISTER VIA WINTER GUIDE, ACTIVITY #9329.**

February 18 – 10:15 a.m. – 11:30 a.m. **THE LISTING PROCESS, STEP BY STEP** Are you considering the sale of your home? Learn about the Listing Agreement plus required disclosure forms; commissions; presentation of house; lock box; signpost; advertising; open house. Also, discover how you can keep your privacy while listing your house for sale. Presented by Betty Spano, Realtor. **REGISTER ACTIVITY #9290 OR CALL 240-314-8810.**

**FREE FREE  
FREE!!**

**Rockville City  
Police Senior  
Citizens Police  
Academy**

to be held at the  
Rockville Senior Center.



Classes run on Tuesdays from  
March 2 - April 6th  
1:00 p.m. until 3:00 p.m.

This FREE 6 week program  
is designed to inform seniors  
on safety issues and concerns.

Transportation is available for  
city residents - call 240-314-  
8810.

**Contact Officer Jan  
Seilhamer, Community  
Services Officer, for  
additional information at 240-  
314-8922.**



## Attention Artists

Those of you who are artists may be interested in joining the Senior Artists Alliance.

Members are all 60+ and collectively work in all media. As a group, they make it easier to participate in exhibits and to sell works, or just to enjoy camaraderie with folks of similar interest.

Dues are only \$25 per year, and you can get more information by calling the membership chair at (301) 951-3560.



## Highlights for the Month...

February 18 – March 29 – 1:30 p.m. – 3:00 p.m. **CONVERSATIONAL SPANISH – BEGINNERS** Learn basic words and phrases in Spanish. This six-session class is for those with no prior experience with Spanish. Topics include greetings, numbers, days and simple vocabulary. Note: Instructor may request a nominal materials fee. \$40.00 – members and \$45.00 – nonmembers. **REGISTER ACTIVITY 9297.**

February 19 – 1:00 p.m. – 3:00 p.m. **COPYING, SAVING AND FINDING FILES IN WINDOWS** Have you ever lost a document you’ve “saved”? Learn to create folders and save and retrieve files. **CALL 240-314-8810 TO REGISTER.**

February 19 – 1:00 p.m. – 2:00 p.m. **MANAGING ADVANCED ILLNESSES** Adele Blankenbaker, Social Worker with Palliative Medical Consultants, will lead a discussion about comprehensive, multidisciplinary care for people with advanced illness. She will talk about advance directives and the legal and medical issues involved. **REGISTER ACTIVITY #9445 OR CALL 240-314-8810.**

February 19 & 26 – 12:00 p.m. – 2:00 p.m. **GLASS FUSING JEWELRY & CANDLE GUARD** Using diachronic glass participates will make a pin or pendant with matching earrings. For a second project the class will make a candle guard using the fused glass method. Registration fee, including supplies \$45.00 – members and \$56.00 – nonmembers. **REGISTER ACTIVITY #9417 BY 2/5.**

February 23 – 10:15 a.m. – 12:15 p.m. **HISTORY LESSON-UNDYING GLORY** In honor of Black History Month College Professor Bernie Siler will discuss the role of Black Union soldiers during the Civil War. Find out how many soldiers participated, what they did, and how they helped bring change to our country. **FREE, REGISTER #9422 BY 2/13.**

## Highlights for the Month...

February 23 – 10:00 a.m. – 12:00 p.m. **CLARIFY COMPUTER CONCEPTS** Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, e-mail and much more. \$6.00 – members & \$8.00 – nonmembers. **REGISTER ACTIVITY #9284.**

February 24 – 1:00 p.m. – 2:00 p.m. **LAB TESTS AND WHAT THEY MEAN** Have you wondered what all those unreadable names and numbers mean? Learn how to read your lab results. Join Mary Frances Butler, Director of Laboratory Services at Holy Cross Hospital, as she helps you decipher those mysteries. She'll explain them all, answer your questions, and let you know why you should be concerned with some of the results. **REGISTER ACTIVITY #9452 OR CALL 240-314-8810.**

February 24 & 26 – 1:00 p.m. – 3:00 p.m. **WINDOWS – PAINT** The Paint Program is part of Windows. Copy and edit any picture that appears on your screen and add your own caption, or draw your own pictures to e-mails; any recipient using Windows will be able to open and see your pictures. Extensive use will be made of the Paint Help feature so that students can easily find instructions for themselves. \$6.00 – members and \$8.00 – nonmembers. **REGISTER ACTIVITY #9288.**

February 24 – March 4 – 10:00 a.m. – 12:00 p.m. **INTERNET** Get on line via the Internet and get connected to the information age. Through Internet Explorer, find free software, health information, purchasing information, product and price comparisons and much more. \$20.00 – members and \$25.00 – nonmembers. **REGISTER ACTIVITY #9279.**

## Carnation Players Wow Them Again at the Christmas Supper Club

The U.S. Castaway sets sail for a hilarious cruise!





Check the Volunteer Board by the kitchen entrance to learn about all the exciting volunteer opportunities available.

#### INFORMATION DESK:

- **Substitutes** needed for various shifts

#### THRIFT SHOP:

- Needs a **MANAGER**. Flexible hours.
- Needs **cashiers** and **sorters** from 10 am-2 pm.

#### AQUARIUM MANAGER:

- Volunteer needed to **clean tank** monthly.

Call 240-314-8800 if interested in any of these positions.

**The Center is such a wonderful place because of its volunteers! Please give a few hours back to the place you love.**

## Highlights for the Month...

February 27 – 10:15 a.m. – 11:45 a.m. **ECOSCAPING** Tired of mowing grass and fighting weeds? Maybe it is time for you to update your lawn and gardens to a more ‘user friendly’ way of gardening. Learn what plants survive with little or no water, which plants thrive in humid, hot weather and how you can stop working in the yard and start enjoying it. Your yard will be easier for you and will give the environment a boost as well. **FREE, REGISTER ACTIVITY #9523 BY 2/13.**

### COMING IN MARCH

March 3 – 1:30 p.m. – 3:00 p.m. **MARCH BIRTHDAY PARTY** with entertainment by Ruthie Logsdon of Ruthie and the Wranglers. **REGISTER BY 2/25**

March 4 - 10 - 11:30 am. **SIMPLE AND AFFORDABLE INTERNET ACCESS: WEB TV** Join us for a one-hour demonstration of web TV service, use of email, accessing the Internet, printing from the Internet, information searches, instant messaging, ease of set-up, discussion of equipment needed in home, and a comparison with other Internet services (computer based versus TV based). The presentation will be followed by a question/answer session and hands-on time using web TV. **PLEASE REGISTER BY CALLING 240-314-8810.**

March 10 – 10:00 a.m. **SPRING TRIP REGISTRATION LOTTERY**



# SNOW REMOVAL ASSISTANCE FOR HOMEOWNERS

If you are a senior citizen or a disabled resident requiring assistance with snow or ice removal, please call Rockville Senior Services at 240-314-8810.

## ENERGY ASSISTANCE PROGRAM

The Maryland Assistance Program (MEAP) provides financial help to eligible households to offset the rising cost of home heating energy that is excessive in relation to family income. The following is a schedule of acceptable income levels for the program:

### Household Size

One person

Two persons

### Gross Monthly Income

\$1,123

\$1,515



For an application, call the MEAP OFFICE at 240-777-4450

## WEATHER CLOSING POLICY:

### When Schools Are Closed

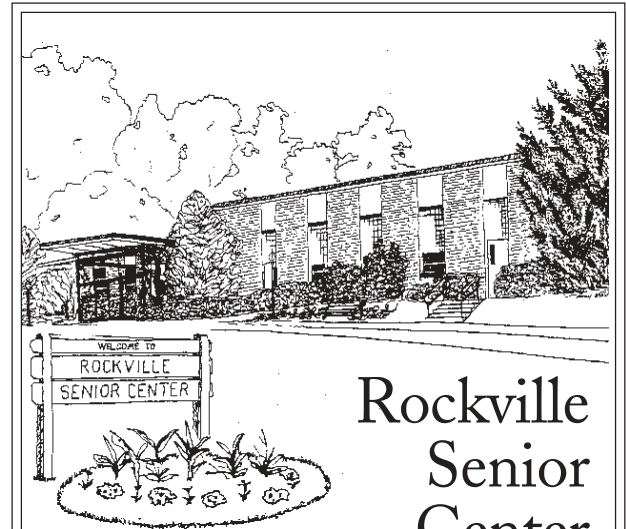
Shopping Transportation  
Senior Center Transportation  
Senior Center Programs  
Senior Clubs, Meetings, Trips  
Nutrition  
Pump House  
Carnation Supper Club  
Bingo

Emergency Trips Only  
Cancelled  
All Programs Cancelled  
Cancelled  
Cancelled  
Cancelled  
Cancelled  
Cancelled

### When Schools Open Late

On Schedule  
On Schedule  
No Morning Programs  
Cancelled  
On Schedule  
Cancelled  
On Schedule  
On Schedule

**WHEN SCHOOLS CLOSE EARLY FOR INCLEMENT WEATHER  
THE CARNATION SUPPER CLUB AND BINGO ARE CANCELLED.**



Rockville  
Senior  
Center

## *Rooms Available for Special Occasions*

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 20 to 50 people are also available. Senior Center Member Discount.

For additional information, call 240-314-8801

## Remembrance Gifts

If you want to make your gift in memory or honor of a loved one, friend, special occasion, or in thanksgiving please fill in the information below. An acknowledgment of your gift will be sent to the individual named or a family member or friend informing them of your thoughtfulness. For a gift of \$500.00 or more the name you specify will be placed on the lobby mural. Please make your tax-deductible check payable to: Rockville Seniors Inc.

### MEMORIAL FUND GIFT

\_\_\_\_\_  
Donor's Name(s)

\_\_\_\_\_  
Address

\_\_\_\_\_  
In Memory of

\_\_\_\_\_  
Date

\_\_\_\_\_  
Designated For

Family you wish to be notified of your donation:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

Please make your tax-deductible check payable to: Rockville Seniors, Inc.

## Center News...

If you like to see the movies that we show at the Center, we have about 300 video cassettes available to borrow. They are free but we ask that you return them within 3 days. As of this month, **we will now be purchasing DVDs for our movie library.**

We have been very busy over the past few months replacing carpet, baseboards, lights and thermostats. We thank everyone for their patience while we work out some of the "bugs" of the new equipment and furnishings. **Now the dining room expansion and kitchen renovation has begun.** As we progress through this project I will try and keep everyone up to date with the activities, but if you have any questions or concerns please feel free to drop by and talk to me about the work. Please remember that there may be short-term inconveniences (like losing 4 parking spaces near the kitchen and the change in the lunch program), but the long-term benefits will be worth it!

Now that we have new carpeting in the building, **please do not eat or drink in the hallways or carpeted rooms** unless you have permission from the office. We want to keep the new carpets looking good!

On behalf of RSI, I would like to thank everyone who has contributed to the fundraising project for the dining room tables and chairs. We are about **25% of the way toward our goal.** There is still time to donate money for a chair or table (or any part of one). Checks should be made payable to Rockville Seniors, Inc.

**The Center will be open on President's Day (February 16) for drop-in use only.** There will be no lunch, transportation or scheduled programs.

**Woodworkers** - please remember to sweep the sawdust on the floor into the floor vacuums, keep the doors closed when you are working and wipe your feet before you enter the main hallway. Your cooperation is greatly appreciated.



*Save The Date!*

**Thurs, April 29  
for the  
Annual Senior  
Gala  
(formerly May Gala)**

- \* Lakewood Country Club
- \* Cocktails & Dinner
- \* 6 piece band and vocalist
- \* Performances by the  
Carnation Players & New  
Attitudes

**NEW**



**BOOGIE TO BRANSON  
JUNE 10-14, 2004**

**Trip includes:**

- Roundtrip coach transfer from Rockville to BWI Airport
- Roundtrip airfare
- 4 nights accommodation in Branson, MO
- St. Louis City tour/Arch
- Branson City tour
- 4 breakfasts, 2 dinners
- 4 shows
- Baggage handling, transfers, gratuities for included meals.



**\$1,098 per person, double occupancy (single \$1,268)**

Deposit of \$250 due with registration. Mail or drop-in registrations accepted NOW on a first-come, first-served basis until the trip is filled. A waiting list will be established at that time. *Register early for this highly requested trip!*

Branson Presentation Meeting - March 17 at 10:00 a.m.

Balance due at that time

Call Joyce Staub at 240-314-8822 for more information.

Detach registration form below and mail it with the deposit PER PERSON to Joyce Staub, Rockville Senior Center, 1150 Carnation Drive, Rockville MD 20850.

-----  
Boogie to Branson Trip - June 10-14, 2004

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

# *Fitness and Wellness: Working Hand in Hand for a Healthier You!*

## **FITNESS**

### FITNESS CLUB ROOM

#### HOURS:

Mon.-Fri.-8:30am-4:50pm;

Sat. 8:30am-12:50pm

Membership available by taking Exercise Machine Training. See Guide for information.

#### Exercise Machine Training:

Register via Recreation Guide. You will be called for an appointment time.

#### Hammer Strength Refresher Course, Toning Table

Training & Cable Crossover Training: Signup sheets on desk outside Fitness Room.

Game Room: Table tennis & pool tables, dart board & equipment are available Monday - Saturday.

Senior Fitness Cluster: Apparatus & directions located behind children's playground.

Weight Scales: In Fitness & Health Rooms.

Personal Trainer Available: See Rec. Guide.



## **WELLNESS**

### Health Insurance Counseling:

Call 240-314-8810 for an appointment. One-on-one counseling on medicare, medigap, long-term care insurance, HMOs, claims and appeals. Wed. 2/18.

Blood Pressure Screenings: Mon. 2/9 & 2/23 and Wed. 2/4 & 2/18. 10am - 12 pm

Loan Closet: Medical equipment for short-term loan. Call 240-314-8803.

Medical Clinic: 2/3 - 12:30pm - 3:30pm & 2/17 - 12:30 pm- 5:00pm. Call 301-493-2400.

Heartwell Nurse: Mon. Wed. & Fri., 9am-3pm. Call 301-610-0143 for an appointment.

Body Fat Composition: Thursdays, 10:30am- 12pm

Healthcare Screenings: Tues. 2/24 - call 1-888-922-2528 for appt. Includes abdominal aortic, carotid vascular and ankle brachial index.



## *Wellness Matters... What is Sinusitis?*

Sinusitis is simply the infection of the sinus cavities caused by bacteria. Your sinuses are the hollow air spaces located in the skull or bones of the head surrounding the nose. Each sinus has an opening into the nose for exchange of air and mucus. Therefore, anything like a cold or allergy attack that can cause swelling in the nose can affect the sinuses.

It is estimated that 37 million people are affected by sinusitis each year, making it one of the most common health conditions in America. Some of the common symptoms of sinusitis can include;

- Headache pain, especially when you wake up in the morning
- Pain and pressure around and between the eyes, across the cheeks and the forehead
- Achy feeling in the upper teeth
- Facial swelling
- Nasal stuffiness
- Yellow or green discharge

Your doctor can diagnosis sinusitis by listening to your symptoms, doing a physical exam, and taking x-rays or a CT scan of your sinuses. Treatment for sinusitis can include a prescription for antibiotics to control the bacterial infection, a decongestant to reduce the congestion and pain relievers. In addition, some home remedies have been shown to be helpful. Inhaling steam from a vaporizer or hot pot of water can soothe inflamed sinuses. Also using over the counter saline nasal sprays can provide some relief.

When medical treatment fails, surgery may be the only option for the treatment of chronic sinusitis. The most common procedure is functional endoscopic sinus surgery (FESS) in which the surgeon will look directly into the nose and remove the diseased tissue and clean out and enlarge the narrow channels to allow for more drainage.

Since the symptoms of sinusitis often mimic those of a cold or allergy it is important to remember that a typical cold will usually last 7-14 days and gets better without treatment. Sinusitis last longer and often has at least three of the symptoms mentioned above. If you suspect you have sinusitis it is important to see your physician for treatment.

*Submitted by Mary Fleisher, Wellness Coordinator*

## **Heartwell Program: Tip of the Month**



Is snow shoveling safe for you ? Shoveling requires a lot of energy, muscular activity, and can put extra demands on your heart. So, if you have cardiovascular disease or other chronic health conditions, have a medical checkup to make certain you're in shape. A safer option might be to hire someone to shovel your sidewalk, steps, and driveway.

*Submitted by Elyse Greenberg, RN*

## RSI Reports...

The meeting of the Rockville Seniors Inc. was held on Tuesday, November 18, 2003, at the Rockville Senior Center. The meeting was called to order by Co-Chairman Paula Carver at 1:10 p.m. followed by a moment of silent prayer. The minutes from the October 16, 2003 meeting were accepted with revisions.

**TREASURER'S REPORT:** A report for the month of October 2003 was read.

### STANDING COMMITTEES:

**A. Budget:** We are 1/3 of the way through the year – memorials are over and general donations are down. There were no Gift Shop supply expenses in October.

**B. Ways & Means:** We have 25 craft tables rented out. We may add tables in the Lounge if we get enough additional crafters. We sold raffle tickets at the Train Show this past weekend. We have volunteers for the Bazaar for the Gift Shop, Thrift Shop, kitchen staff, plant sales and bake sales. We still need people to bake for the bake sale.

**C. Bingo:** The jackpot will go soon. \$3,000.00 was taken in for October and expenses were \$1,300.00. Year to date profits are \$5,651.00. Ron purchased two \$25.00 gift cards for Bingo drawings on November 19, 2003.

**D. Correspondence/Memorial:** No donations for memorials in October.

**E. Gift /Thrift Shop:** Gross sales for October was \$1,638.00. \$470.00 was paid to consignors. The net profit was \$1,091.00.

**F. Publicity:** The ad for the Bazaar in the Gazette was dropped off. It will also be listed in the Calendar of Events section.

**G. Senior Citizens Commission:** No report.

**H. Hispanic Services Report:** No report.

**I. Asian Services Report:** No report.

### OLD BUSINESS:

Andrew Begosh filled out the tax forms; they were signed and mailed to the IRS.

A file cabinet will be purchased from PVI for \$129.00 for Mary R. to use.

Jill will give board members copies of the Board of Directors photograph.

**NEW BUSINESS:** No new business.

### STAFF REPORT:

Andrew Begosh, CPA, has agreed to be our accountant pro bono. Jill sent a letter to Geoff Secker thanking him for all the work he had already done for us.

The holiday cards/calendar are in and we will sign them from RSI to all volunteers.

We received great coverage on the candidate's forum.

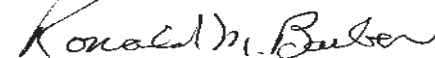
We received eleven bids from contractors for the renovation. The bids ranged \$229,00.00 to \$469,000.00. The next calendar will have a fundraising campaign – you can buy a table, chair or even a chair leg. There will be a drawing in the Dining Room showing the progress. Jill asked RSI if they could donate an additional \$10,000.00 to the \$30,000.00 already donated. Louise G. made a motion to give the city an additional \$10,000.00 for the renovation of the Dining Room and kitchen in addition to the \$30,000.00. George G. seconded the motion. Motion carried.

The renovation will hopefully begin in January in the Dining Room. The contractor will work on the outside of the Dining Room before knocking through the wall. He will then seal off his work area. This should take two months. The kitchen renovation will take two to three months.

The senior center will be closed from December 20 to January 4 and reopen on January 5.

George G. Marjorie C., Betty H. Marty R. are all on the committee to set up criteria for the Estelle Berberian yearly volunteer award. They were asked to also set up criteria for lifetime memberships.

The meeting was adjourned at 2:07 p.m. The next meeting is on January 20, 2004 at 1:00 p.m.



RSI Chairman and President

February 2004

## Senior Citizens Commission Highlights...

Some of you may have read the article in the December 18 Washington Post entitled "The Graying of Suburbia". The writers failed to mention one of the major issues related to the lack of housing for senior citizens. As we all know there are no developments in Rockville that have homes on one floor without having to climb stairs. Those of us that own homes are stuck with having to climb stairs if we remain in our communities or have to move away. Moving out of the community may be all right for some but what does it do to the community. All this experience and knowledge built up over a lifetime is a valuable asset that a community needs and is unfortunately lost in the shuffle.

I read in the letters to the editor that seniors don't need taxi fare assistance because they are sitting on a \$400,000 to \$500,000 equity in their home. This writer assumed that all seniors are looking for taxi fare, which is not true. The truth is that society expects seniors to sell their home and move to a retirement village, assisted living or a nursing home and get out of the community. Perhaps some of us have ties to the community and can still contribute. There are children and grandchildren, friends and neighbors, church, civic clubs, familiar shopping areas, libraries and other government facilities and services that we don't want to leave behind. For those who wish to stay and continue contributing to and enjoying the rewards of living in Rockville, there ought to be an option that is realistic and compatible with the future governance of this city. If our generation does not do something about this, surely the next generation is too busy with their careers and raising a family to take the time to prepare the way for staying in the community when they become senior citizens.

February 2004



Back Row: Murray Stein, Stuart Crump, Jonathon Triandafilou, Audrey Beck  
Front Row: Winston Lark, Connie Farrell, Ciriaco Gonzales, Marty Roney

*Add years to your life....and life to your years!*

## Annual Holiday Bazaar Raises \$4,000 for Center Despite Snowy Weather

Thank you so much to all the volunteers who braved the snow and helped out with the 20th Annual Holiday Bazaar.

Although attendance was down from previous years, RSI was still able to raise almost \$4,000 from the sales of raffle tickets, household items, gifts, baked goods and homemade food.

RSI would like to thank the following donors of raffle prizes:

- The Piecemaker's Club
- Dr. Marjorie Costa
- Circuit City
- Nick's Chop House
- Normandie Farms
- Magruders
- Safeway
- Giant
- Flagship Car Wash
- The City of Rockville.

Special thanks also to members of the RSI board who worked so hard at making the event a success and to the individuals who helped out in the Thrift Shop the week before getting everything priced and displayed!

Rockville Senior Center • 15

# Programs and Services...

Shopping: February 23rd at Francis Scott Key Mall

## OUTREACH AND SERVICES

**Advance Directives – A Guide to Maryland Law on Health Care Decisions**  
Forms and information are available in the Transportation office and in Outreach services.

**Applications** - Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

**Assistive Listening Devices** – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

**Companion Animals** – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

**File of Life** – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

**Financial Assistance** – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

**Health Insurance Counseling** – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

**Home Repair, Maintenance and Modification** – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

**Grandparents Raising Grandchildren Support Group** – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

**Information and Assistance** – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

**Legal Assistance** – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

**Loan Closet** – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

**Mobile Post Office** – Tuesdays 11am – 12:15 pm in front of the senior center.

**Notary Services** – No charge. Call 240-314-8810 or see Bette in the transportation office.

## TRANSPORTATION (applications are available in the Transportation office)

**Accessible Parking Applications** – For motorists with disabilities, applications for parking placards and license plates are available.

**Call'N Ride** – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

**City of Rockville buses** – Door to door bus service is available to the Rockville Senior Center, shopping, the Pump House, club meetings and special trips. Reservations are required.

**Metro Access** – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

**Metro Applications for Senior Citizen Reduced Fare Program** – ID cards are necessary for discounted Metrobus and Metrorail fares.

**Metro Fare Cards** Discount fare cards are available for purchase. Minimum age 65



## *Carnation Supper Club...*

February 2004 \* Please call  
240-314-8810 for reservations!

Join us on Tuesday evenings for dinner, socializing, and entertainment. Call for reservations and cancellations. The cost is \$5.00 and transportation is provided. Please call before noon p.m. on Fridays to make a reservation.

### **February 3** **Dan Tuite**

Lasagna  
Peas  
Garden Salad  
Rye Bread  
Ice Cream/Cookie  
Milk-Tea-Coffee

### **February 10** **Jesse & John Jazz Trio**

Baked Chicken/Gravy  
Mashed Potatoes  
Green Beans/Carrots  
Tossed Salad  
French Bread  
Brownie  
Milk-Tea-Coffee

### **February 17** **Denise Shores Dance Studio**

Breaded Scrod  
Baked Potato  
Mixed Vegetables  
Wheat Bread  
Fruit Crisp  
Milk-Tea-Coffee

### **February 24** **Friends Band**

Roast Beef/Gravy  
Au Gratin Potatoes  
Garden Salad  
French Bread  
Ice Cream  
Milk-Tea-Coffee

## **Southwest Potato Lentil Stew**



Great winter night stew!

1/2 cup lentils, uncooked  
2 medium potatoes, in small cubes  
1 cup chopped/shredded carrot  
1/2-1 cup chopped onions  
1/4 cup chopped celery leaves  
2 cloves garlic, minced  
2 cups tomato juice  
3/4 cup water  
2 teaspoons chili powder (or more!)  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
salt and pepper

1. Combine everything in large pan and mix well.
2. Bring to boil, reduce heat to low.
3. Simmer, covered, 40-45 min, or until veggies are tender, stirring occasionally.
4. Thin with water if you prefer a more "soup-like" consistency.

**4 servings**

Calories 213, Calories from Fat 9  
Total Fat 1.0g  
Cholesterol 0mg  
Sodium 478mg  
Potassium 1032mg  
Total Carbohydrate 44.1g

# Computer Lab Update...

## BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS #9273

February 9 – Monday 10 – 11:30 a.m.  
THE COMPUTER KEYBOARD

February 9 – Monday 12:30 – 2:00 p.m.  
USING THE COMPUTER MOUSE

Feb. 17 & 19 – Tues/Thurs 10:30 – 12 noon  
BEG INTRO TO WORD PROCESSING

### PLEASE NOTE:

These free classes provide fundamental computer skills and are one of the prerequisites to future classes. **Telephone registrations will no longer be accepted.** If you wish to register for the Beginners Series, visit the Information Desk at the Senior Center and fill out the registration form.

You must register for ALL 4 BEGINNER CLASSES, unless you can pre-qualify prior to class at one of our Student Skills Practice Labs. Our instructors and coaches are available every Friday from 9:30-11:30 a.m. to help you qualify for your class choices. If you do register and find you are unable to attend, please call-another member may wish to take your place.

## OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

## UPCOMING CLASSES

### e-Bay: A Thorough Understanding

Instructor: Bender

#9281 \$75(M)/\$85(N)  
Feb 2, 4, 6, 11 and 18 1pm - 3pm

### Understanding Windows

Instructor: Bender

#9280 \$25(M)/\$30(N)  
Feb 3, 5, 10, 12 & 17 1pm - 3pm

### Copying, Saving and Finding Files

Instructor: Martin

#10550 No Fee  
February 19 1pm - 3pm

### Clarify Computer Concepts

Instructor: Conway

#9284 \$6(M)/\$8(N)  
February 23 10am - Noon

### Internet

Instructor: Bender

#9279 \$20(M)/\$25(N)  
Feb 24 - Mar 4 10am - 12noon

### Windows - Paint

Instructor: Martin

#9288 \$6(M)/\$8(N)  
February 24 & 26 1pm - 3pm

### Successful completion of the Beginners Intro to Personal Computers Series -

It is presumed the beginner students have furthered their basic skills and knowledge with additional practice and classes. Beginning with the fall classes, two additional prerequisites, "Clarify Computer Concepts" and "Computer Essentials" will be required before the beginner students may move to more difficult classes.

Once you have completed the Beginners Intro Class or prequalified at our Friday Open Lab, we are asking that you complete our "Computer Essentials Questionnaire", available in the Computer Lab. Once you have successfully completed this questionnaire, you will be able to advance to any of the other computer classes offered at the Rockville Senior Center. If you are unable to complete the questionnaire, register for the "Computer Essentials Class", a three part series.

### Before You Register - Things You Need to Know -

Classes are for Center Members or City residents aged 60 and older only and may have fees or required pre-requisites. Registration forms are available at the Information Desk.

# Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is now \$4.05.  
For persons age 60 and over and spouse of any age, a voluntary contribution is requested.

<b>Monday, February 2</b> Orange Juice Spaghetti with Meat Sauce Zucchini Roll Spiced Apples	<b>Tuesday, February 3</b> Turkey a la King Rice Broccoli French Bread Ice Cream	<b>Wed, February 4</b> Beef Tips with Gravy Mashed Potatoes Tomato-Cucumber-Onion Salad Pumpnickel Bread Pineapple Tidbits	<b>Thurs, February 5</b> Herbed Baked Chicken Scalloped Potatoes Stewed Tomatoes Whole Wheat Bread Fruit Cocktail	<b>Friday, February 6</b> Chicken Soup Tuna Salad Carrot/Raisin Slaw Rye Bread (2) Fresh Fruit
<b>Monday, February 9</b> Breaded Scrod Corn & Lima Beans Stewed Tomatoes Roll Applesauce	<b>Tuesday, February 10</b> Chicken Patty on a Bun Lettuce & Tomato Macaroni & Cheese Marinated Beets Fresh Fruit	<b>Wed, February 11</b> Apple Juice Spinach-Rice-Cheese Casserole Tossed Green Salad Pumpnickel Bread Pudding	<b>Thurs, February 12</b> Tomato Soup Turkey Tetrazzini Mixed Vegetables Whole Wheat Bread Fruited Jello	<b>Friday, February 13</b> Orange Juice Meat Loaf with Gravy Mashed Potatoes Garden Salad Rye Bread Valentine Cookie
<b>Monday, February 16</b>  NO LUNCH	<b>Tues, February 17</b> Apple Juice Meat Lasagna Chopped Spinach Roll Fruited Jello	<b>Wed, February 18</b> Chicken Parmesan Scalloped Potatoes Collard Greens Rye Bread Diced Pears	<b>Thurs, February 19</b> Apple Juice Barbecued Beef on a Bun Corn & Lima Beans Canned Peaches	<b>Friday, February 20</b> Breaded Scrod Sweet Potatoes Mixed Vegetables Pumpnickel Bread Pineapple Tidbits
<b>Monday, February 23</b> Beef Stew Mashed Potatoes Tossed Salad French Bread Fresh Fruit	<b>Tues, February 24</b> Turkey Divan Rotini Noodles Garden Salad Pumpnickel Bread Pudding	<b>Wed, February 25</b> Lentil Soup Tuna Salad Lettuce & Tomatoes Whole Wheat Bread (2) Pineapple Tidbits	<b>Thurs, February 26</b> Roast Beef with Gravy Baked Potato Green Beans with Onion Roll Fruited Jello	<b>Friday, February 27</b> Orange Juice Lentils-Rice-Tomatoes Vegetable Salad Rye Bread Ice Cream

# Happy Valentines Day

**City of Rockville**  
**Rockville Senior Center**  
1150 Carnation Drive  
Rockville, Maryland 20850

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
ROCKVILLE, MD  
PERMIT NO. 63

#### **MAYOR AND COUNCIL**

Larry Giammo, Mayor  
Robert E. Dorsey  
John F. Hall, Jr.  
Susan R. Hoffman  
Anne M. Robbins

#### **ROCKVILLE SENIORS, INC.**

##### **Board of Directors**

President/Chairperson - Ron Barber  
V. President/Co-Chairman - Paula Carver  
Treasurer - Mary Ryan  
Ass't Treasurer - Betty Hughes  
Reporting Sec. - Mary Barber  
Corresponding Secretary - Louise Gregory  
Committee Chair - Marjorie Costa  
Committee Chair- George Galasso  
Committee Chair - Juan Gascue  
Committee Chair - Chu Shen  
Senior Commission Liaison - Marty Roney

#### **ROCKVILLE SENIOR CITIZENS COMMISSION**

Chair: Ciriaco Gonzales  
Vice-Chair: Marty Roney  
Commissioners:  
Audrey Beck Stuart Crump  
Connie Farrell Winston Lark  
Oliver Morgan Murray Stein  
Jonathon Triandafilou

#### **DEPARTMENT OF RECREATION AND PARKS**

Burt Hall, Director  
Philip Bryan, Supt. of Recreation  
Steve Mader, Supt. of Parks and Facilities

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

#### **SENIOR CENTER STAFF**

Nick Aquino, Building Custodian  
Mary Barber, Clerk  
Janet Colwell, Clerk  
Jackie Cristiano, Program Assistant  
Mildred Day, Nutrition Program Aide  
Keith Dennis, Building Custodian  
Mary Fleisher, Wellness Coordinator  
Tyrone Frederick, Bus Driver  
Edith Gregg, Clerk  
Jill Hall, Senior Center Supervisor  
Mary Hebron, Bus Driver  
Anthony Hilliard, Bus Driver  
Dorothy Jackson, Clerk  
Theodore Jackson, Bus Driver  
Jean Kemmerer, Nutrition Program Aide  
Sarah King, Pump House Program Asst.  
Chris Klopfer, Personal Trainer  
Betty Lauder, Nutrition Site Manager  
Karen Lumpkin, Sr. Recreation Coord.  
Edward Lynn, Bus Driver  
Marie MacKay, Clerk  
Martha McClelland, Outreach Worker  
Melissa McKenna, Center Secretary  
Miriam Minera, Outreach Worker  
Winfield Parker, Bus Driver  
Angie Reed, Bus Driver  
Karina Rodriguez, Reg. Specialist  
Bette Sanders, Senior Services Secretary  
Lorraine Schack, Sr. Social Services Coord.  
Vicki Smith, Nutrition Program Aide  
Joyce Staub, Sports & Exercise Coord.  
Zhao-Yong Sun, Outreach Worker  
Ann Taylor, Kitchen Manager  
Eileen Tragert, Program Assistant  
Eric Turner, Bus Driver  
Lillian Tyska, Clerk  
Chris Veirs, Program Assistant  
Tom Warmack, Bus Driver  
Margaret Walters, Supper Club Site Mgr.  
Donna Weeks, Program Assistant  
Margie Wheeler, Clerk  
Rozell Wilson, Bus Driver

#### **Mission Statement**

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.